

SENIORS' SCOOP

Vol. 176

Kanata Seniors' Centre Newsletter

March 2017

2500 Campeau Drive
Kanata, Ontario K2K 2W3
www.kanataseniors.ca

Phone 613-580-2980
Fax 613-599-1698

Hours: Mon to Fri: 8:30am – 4pm
Sat: 10am – 4pm (Sept – June)
KSC Membership Fee is \$25.50 /year

SPECIAL EVENTS THIS MONTH:

Bigger Than Us

Thurs Mar 2

1:30 - 3pm

This month's topic: Neuroscience



Today, neuroscience is exploding in a way never before seen in the world. We used to think that once we reached a certain age, the brain stopped changing. We now know that the brain never stops changing and one concept that is getting a lot of attention is neural-plasticity. We will see a number of examples of neural-plasticity in action. In fact, you may leave with the idea that you may be able to change your own brain.

We are using a non-profit, web-based, credible resource through TED Talks. Upon viewing the DVD, our volunteer facilitator Richard Keeler, will lead a discussion.

No charge for all Members. Please ensure you register at the front desk to maintain our maximum numbers.

Registration for Spring & Summer Courses

Register early as many classes fill quickly.

Starting dates and times:

All Aquatics and Aquafit programs:

Mon Mar 6 – Online or Touch Tone Phone at 9pm

Tues Mar 7 - In person during business hours

All other programs:

Wed Mar 8 – Online or Touch Tone Phone at 9pm

Thurs Mar 9 - In person during business hours

See page 4 for list of courses at this location



March Lunch & Movie

Sat Mar 4

11:45am to 3pm



A hot lunch then our feature movie.

Movie: The Light Between Oceans

Cast: Michael Fassbender, Alicia Vikander

Story: Tom is a World War I veteran who maintains a lighthouse off the shores of Australia with his wife Isabel, a woman desperate to have a baby. Her prayers are answered when a rowboat washes up on shore with an infant. Tom thinks they should notify the authorities but ultimately gives in to Isabel's wish to keep the baby girl. Fate strikes again and will forever affect their lives.

Tickets - \$9.50 Members; \$11.50 Non-members.

Limited Seating. Register at the front desk in order to participate in this event.

Advanced DVD Learning Series:

Wednesdays, Mar 22 – Apr 26

1 – 2:30pm

Topic: The Surveillance State: Big Data, Freedom, and You



The news is full of stories in which new technologies lead to dilemmas that could not have been imagined just a few decades ago. The 21st century has seen remarkable technological advances with many wonderful benefits. But with these advances come new questions about privacy, security, civil liberties, and more. Learn more about how these things affect you in this 6-week DVD series. Valerie O'Callaghan is our DVD lecture facilitator.

No charge for all Members. Please ensure you register at the front desk to maintain our maximum numbers.

Saturday at the Movies
Mar 18
1 to 3:20pm

Movie: Hacksaw Ridge



Cast: Andrew Garfield, Sam Worthington,
Luke Bracey

Story: The extraordinary true story of Desmond T. Doss who saved 75 men in Okinawa, a Japanese island during the bloodiest battle of WWII, without firing a single shot. Believing that the war was just but killing was nevertheless wrong, he was the only American soldier in WWII to fight on the front lines without a weapon. As an army medic Doss single-handedly evacuated the wounded near enemy lines - braving enemy fire and putting his own life on the line. He was the first conscientious objector to ever win the Congressional Medal of Honor.

~ No Charge. Bring a friend or two with you.

Learning Series

Thurs Mar 30

1pm

Topic: Etymology of Names

Behind the Name

Our guest speaker, Professor Don Wiles, will uncover the origins of many given names through various languages; track names derived from animals, religion and others; and deal with the original meanings of some names. An interesting and informative talk.

All welcome. No charge. Please register at the front desk in advance. Seating is limited.

Canadian Women's Heart Health Centre



The Ottawa Heart Institute has developed a program called Women@Heart for women who have cardiovascular disease. This program is a peer support program led by women with heart disease, for women with heart disease aimed at creating a caring environment to learn from each other. We are a host site for this program. Please call 613 798-5555 x 10412 to find out more.

Pancake Breakfast & Craft Sale

Saturday April 1

8:30am – 10am



Come one, come all - Bring your family, friends and neighbours to our Pancake Breakfast!

The menu includes delicious pancakes, syrup, sausages, juice, and coffee/tea.

Cost: \$4 per person

We encourage you to buy tickets in advance at the front desk, also available at the door.

Kanata Seniors' Craft Group



The Craft Group will be selling their lovely handmade articles during our Pancake Breakfast – a great time for spring shopping! Drop by their tables. You'll be glad you did. So many beautiful things to buy.

Looking Ahead to APRIL:



Apr 1 – Pancake Breakfast & Craft Sale

Apr 6 – Mah Jong Tournament

Apr 6 & 13 – 55 Alive Driver Refresher

Apr 6 – Bigger Than Us - DVD Presentation

Apr 6 – Book Club: *All the Light We Cannot See*

Apr 20 – Special Event: International Fashion Show

Apr 27 – Diabetes Screening Clinic

Apr 27 – Learning Series: Marvels of Ancient Greece

WEEKLY ACTIVITIES AT THE CENTRE:

Remember to check the **yellow calendar on the last sheet for activities this month.**

Lots of things to do at the Centre.

Please make sure your yearly membership is current.



Mah Jong

Mondays and Thursdays at 9am

The ancient game of Mah Jong is a bit like rummy with tiles of wind, flowers, seasons and dragons adding to the fun and challenge. Instruction given each week.

Sounds of Music
Mondays at 10am



Come out and enjoy singing a variety of your favourite songs and meet others who like to sing. A great morning of fun!

Euchre
Mondays at 12:30pm



Come out on Monday afternoons and enjoy playing Euchre. If you don't know how to play, the rules are easy!

Bridge
Mondays at 12:45pm



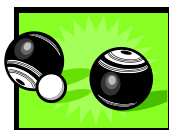
Do you like to play bridge and want to meet new people? Join us on Mondays for our party-style bridge, still challenging but fun.

Canasta
Tuesdays at 12:30pm



Join us every Tuesday for this family favourite card game. A popular card game and fun to play.

Carpet Bowling
Tuesdays and Fridays at 1pm



All levels welcome, so come out and join. It's a great sport and a good way to meet new people and have fun. Don't be shy, come and try!

Discussion Group
Wednesday Mornings
9:30am



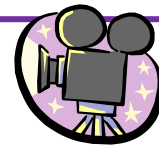
Join us every Wednesday morning for a lively discussion on a wide variety of topics brought forth by the participants. A great way to stay informed and to listen to different points of view. Come and participate by sharing your knowledge and experiences or just sit back and listen. Everyone welcome.

Scrabble
Wednesdays at 9:30am



If you like playing scrabble, come and join the group on Wednesday mornings and have lots of fun. A great way to enjoy the company of other members and exercise your brain with this ever-popular game.

Movies at the Centre
Wednesdays at 1:15pm



All movies are free of charge. See bulletin board for full details and description of each movie.

- Mar 1** – Absolutely Fabulous *comedy, crime*
- Mar 8** – The Birth of a Nation *history, biography*
- Mar 15** – The Ultimate Legacy *adventure, comedy*
- Mar 22** – Sully *history, drama*
- Mar 29** – Queen of Katwe *biography, drama*

Cribbage
Thursdays at 1pm



Everyone welcome! Come out and join an enthusiastic group of cribbage players every Thursday afternoon. It's a fun and interesting game.

Book Club
Thurs Mar 2 at 2pm



This Month: "The Secret Life of Bees"
by Sue Monk Kidd

Enjoy reading and would like to discuss literature with others? New members are always welcome. If you wish to join this club, please sign up at the front desk. For additional information and upcoming book titles, see our website at:
http://www.kanataseniors.ca/book_club.html

Fun and Games
Fri Mar 3 at 9am
Sat Mar 11 at 10am



Come out and join in the fun with some of your favourite board games. This activity will introduce you to new and different games. **Bring your own favourite games and teach others how to play.** All you need is your funny bone!

Digital Camera Club
Fri Mar 3 at 9:15am



Learn about digital cameras, lighting, setup, editing, and processing your photos. Lots of tips and information to help you take great photos.

Dominoes
Fridays at 9:30am



Come and have some fun every Friday morning in the lounge playing Dominoes. A great game to enjoy and an opportunity to meet new members.

Geriatric Jazz Band
Fridays at 1pm



Treat yourself to a lively afternoon of swinging music in the lounge that will get your feet tapping and give your spirits a lift. Everyone is welcome.

Saturday Duplicate Bridge
12:20pm



Duplicate Bridge is an interesting version of bridge where players test their skills on the same bridge hand, duplicated to the next table. Come and bring your favourite partner.

Kanata Seniors Diners' Club
Halls C and D
Wednesdays 11am – 1pm



- Mar 1** – Music with George Chenier
- Mar 8** – Music with the Peter Sinclair Trio
- Mar 15** – The Diplomats
- Mar 22** – Music with Jumpin' Jimmy
- Mar 29** – Music with Stuart MacKinnon - Baritone

For registration/transportation please call:
Carol Diguier at 613 591-3686 Ext 316 (Mon to Fri)

one week in advance

Cost: Lunch - \$8 (clients are billed by WOCRC)
Transportation - \$10 if required
WOCRC, along with community volunteers, host a nutritional lunch, entertainment, and/or educational program for seniors and for adults with disabilities living in our community. A great way to socialize.

SPRING Courses 2017:



Plan to sign up early as many classes fill quickly.

Fitness Programs: Please come dressed in suitable attire for the fitness classes.

- Chair-ercise
- Chair-Yoga
- Line Dancing – Levels 1, 2 and 3
- Low Impact Fitness
- Nia Fitness
- Nordic Walking
- Party On Fitness
- Tai-Chi for Seniors – Level 1 and 2
- Yoga - Seniors Level 1
- Zumba Gold

General Interest:

- 55 Alive Driver Refresher
- Guitar Level 1 and 2
- Painting – Acrylics for Seniors
- Spanish Level 1 and 2
- Writing for Enjoyment

SUMMER Courses 2017:

- | | |
|------------------------------|------------------|
| Chair-ercise | Party On Fitness |
| Chair Yoga | Yoga |
| Line Dancing: Level 1, 2 & 3 | Zumba Gold |
| Low Impact Fitness | |

Foot Clinic in the Wellness Room



For foot care services call Kay McLellan at Paramed Foot Clinic at 613-728-7080 for an appointment. Fee payable to Paramed Foot Clinic. Please show up for your appointment and arrive on time! For last minute cancellations, please call Kanata Seniors' Centre (613 580-2980) and ask to speak to the Foot Care Nurse. Your cooperation is much appreciated.

Scent-Free:



We ask that you refrain from using highly scented products and perfumes when visiting our Centre. We would like everyone to be able to come to the Centre without risk of allergic/asthmatic reactions.